

NEWSLETTER

Fall 2015



From The Desk of Nancy Johnston, ED

Under international law, every country has an obligation to address violence against women. The United Nations has called on all countries to have a National Action Plan on Violence Against Women by 2015. Currently, Canada has no comprehensive national plan or strategy to deal with Violence Against Women. A National Action Plan would provide a framework for strengthening systems that prevent and respond to violence against women.

In 2014, the Canadian Network of Women's Shelters and Transition Houses initiated a collaborative process which resulted in a Blueprint for Canada's National Action Plan on Violence Against Women and Girls. Over 20 organizations from across Canada participated in the development of the Blueprint. It is concluded that a National Action Plan will help ensure:

- Consistency across and within jurisdictions in polices and legislation
- Shared understanding of the root causes of Violence Against Women
- Consistent approaches to prevention and responses
- Collective approach to the most appropriate solutions
- High-level commitment to a multi-pronged, coordinated, pan-Canadian approach
- Coordinated, clear and effective services and systems that respect and respond to diversity
- National standards with equality of access

The significant levels of violence against women continues today. At Cornerstone, we see this reality everyday in the continued high demand for our services and programs. It is critical our federal government take a leadership approach in addressing this issue. During this 2015 federal election we ask all federal parties to commit to creating a National Action Plan on Violence Against Women. We invite the federal government to be a part of the solution to ending family violence in our communities, our provinces and our country.

In this Issue...

SPECIAL INTEREST ARTICLES

From the Desk of Nancy Johnston	1
Meet Emily	2
Jim Shortt Climb	3

INDIVIDUAL HIGHLIGHTS

Residential Service Stats	2
In Her Words	2
Meet the Board of Directors	3
Upcoming Events	4

WOMEN ACROSS ONTARIO NEED OUR SUPPORT

THE COURAGE OF A WOMAN ALONE IS NOT ENOUGH.

WEAR YOUR PURPLE SCARF AND SHOW YOUR SUPPORT FOR ABUSED WOMEN & CHILDREN ACROSS ONTARIO.

ON SALE NOW!

WRAPPED IN COURAGE

CORNERSTONE
Family Violence Prevention Centre

United Way

WELCOME EMILY!

We are pleased to welcome to the Cornerstone team Emily Tilsworth. Emily stepped into the role of Residential Services Manger in July 2015.



We asked Emily to tell us a little bit about herself:

Over the past 15 years I have supported youth and families through residential and community programs in the youth justice, child welfare, mental health treatment and community non-profit program sectors. I have extensive training and experience in group facilitation and individual counselling practices as well as evidence-informed program development. Most recently, I have become focused on trauma-informed practices and have nearly completed a Level One Certification as a trauma practitioner. I am joining the Cornerstone team following 9 years of employment with the John Howard Society of Kawartha Lakes & Haliburton where I acted as the Youth Services Coordinator and was involved in numerous community initiatives.

Emily, What excites you the most about starting with Cornerstone?

Cornerstone encompasses all of the qualities that I am looking for in an employer and direct-service agency. Cornerstone operates from a trauma-informed approach and genuinely seeks to support and empower women through the situation that brings them into service. The environment is extremely positive, fun and engaging and the staff are exceptionally trained, experienced and educated, and always working on professional growth, which I believe is essential in a working environment. It is a privilege to work amongst colleagues who are as equally passionate and dedicated to providing effective interventions to support the community as I am.

IN HER WORDS

"I think the shelter is a wonderful place for women to come when they are in a bad situation. This is the first time I have ever been in a shelter. I would have sought help sooner if I knew how helpful a place like this would be."

-shelter resident



Thank you Home Depot!

In 2015 our local Home Depot Store in Cobourg raised over \$4,500 for Cornerstone! As well as donating a BBQ for our shelter, they also brought 12 employees made over our gardens! We are so grateful for all of your support!



Service Stats

Stats are Year to Date.

Number of Support Calls:

April to September 360

Number of Women Served in the Shelter:

April to September 39

Number of Children Served in the Shelter:

April to September 24

Number of Women Served in Community Counselling:

April to September 127

Number of Women Served in Transitional Housing & Support:

April to September 54

If you know someone living with abuse, please contact us:

905-372-0746 24 Hour Support Line

1-800-263-3757 Toll Free

Northumberland man climbs Andes Mountains and donates to Cobourg women's shelter

Republished with permission from Northumberland News. As written by Karen Longwell

A Brighton resident took one of the most difficult routes to Peru's ancient Inca ruins Machu Picchu, but with every step, he helped women and children back home escape violence.

Real estate broker Jim Shortt was one of 75 Royal LePage employees from across Canada chosen to take part in a special fundraiser: a trek to the lost city of Machu Picchu in Peru, high up in the Andes Mountains. Although 75 trekkers trained and fundraised for the climb, only 61 made it to Peru and 55 finished the challenge this August, including Mr. Shortt.

Each participant committed to raising a minimum of \$5,000 for shelters and Mr. Shortt raised \$11,680.40 for Cornerstone Family Violence Prevention Centre in Cobourg, making him one of the largest individual fundraisers in Cornerstone's history, said Janelle Eisler, resource development co-ordinator for Cornerstone. The funds will be used towards the shelter's services and programs, said Ms. Eisler.

After arriving by plane at Cusco, Peru on Aug. 13, the trekkers spent a couple of days getting acclimatized to the 3,475-metre altitude before doing two practice hikes. Then they started the four-day hike up the slopes to the Inca ruins. The trekkers carried about 16 kilograms of gear, including a sleeping bag and clothes. They slept in tents at night, which could get cold, said Mr. Shortt. They also ate local meats such as guinea pig, llama and alpaca. They carried schoolbooks and gifts for the many children they met along the route, and visited three schools on the trip.

As the altitude got higher in the challenging climb, Mr. Shortt began to feel unwell and was nearly forced to turn around. His blood pressure rose but he decided to continue.

Mr. Shortt worked for more than a year to fundraise and he was motivated to complete the challenge. When he reached a height of nearly 15,000 feet, arriving at the Sun Shine Gate, Mr. Shortt and many of the other trekkers shed tears.

"It was one of the most satisfying things that I have ever done in my life. Just to finish was a feat in itself and to be able to donate to such a worthwhile charity was a bonus ...it was breathtaking to look down on the beautiful ruins of the lost city of Machu Picchu and one that will never be forgotten. Knowing that every dollar I raised, by every step I took, would help Cornerstone Family Violence Prevention Centre continue in their endeavours to provide shelter to those women and children in need was my privilege."

Cornerstone staff thanked Mr. Shortt for his efforts as he delivered the donation to Cobourg on Oct. 1.

"Jim has worked long and hard to train and to fundraise for this amazing journey. He started over a year ago and kept pushing throughout with his goals clearly in sight," said Ms. Eisler. "He has done an incredible job and we are so grateful to him and the Royal LePage Shelter Foundation for their amazing contribution to Cornerstone."

In total the trek raised about \$485,000 for shelters across Canada



Meet Our Board of Directors

Elaine Cortesis-Yates
Chair

Samantha Liscio
Vice Chair

Gerard Bondy
Secretary/ Treasurer

Peter Csefko

Peter Donoukous

Nicole Gibson

Ember-Leigh Hamilton

Chief Kai Liu

Lynn Patry

Susan Rowland

Michelle Tabor

DinDin Villarino

Makayla Nowee
Youth Representative

Cornerstone is a United Way Funded Agency and we like to give back when we can.

We support the United Way by hosting in house fundraising, payroll deductions and attending United Way events.

We are also selling the gorgeous We Live Here 2. Come in and pick one up!



Upcoming Cornerstone Events...

December 2015 Gift of Giving
January 2016 Nights of Shelter Non-Gala Fundraiser
March 19th, 2016 Gail Vaz-Oxlade
May 7th, 2016 Mother's Day Brunch
June 2016 Walk A Mile In Her Shoes

Third party events are a very important part of the fundraising activities for Cornerstone. Beyond the funds raised during these events, important awareness is generated. Let us help contribute to the success of your event.

For more Information

Janelle Eisler

Resource Development Coordinator

jeisler@cornerstonenorthumberland.ca

905-372-1545 ext. 236

